

ABSTRACT

CREATIVE PROJECT: Wellness Education: A Journalistic Approach

STUDENT: Vicki Rosenberger

DEGREE: Master of Arts

COLLEGE: Journalism

DATE: July 8, 2011

PAGES: 35

With people living busier lifestyles, wellness in general has declined. Most wellness resources available focus on obesity prevention, weight and Body Mass Index. According to research, this type of focus can have negative outcomes. Narrowing the focus and presenting the information in a journalistic format are what the prototype website oneyouonline.org attempts to do. [Oneyouonline.org](http://oneyouonline.org) focuses on two wellness topics: nutrition and physical activity. The website is a resource for parents, families and individuals. The information it provides will empower them with the knowledge they need to maintain that balance throughout their lives.